

WAIVER

(Mandatory)

PLEASE READ CAREFULLY!

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act on my behalf, release and discharge the City of Council Bluffs, Council Bluffs YMCA, Council Bluffs Convention and Visitors Bureau, the State of Iowa and Iowa Department of Natural Resources, plus sponsors, vendors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of the activity from any and all claims of injury or liabilities of any kind, illness or damages suffered by me as a result of my participation in or traveling to or from this event. I know that this a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decisions of a race official relative to my ability to safely compete in the activity.

I assume all risk associated with taking part in this event, including but not limited to falls, contact with other participants, the effect of weather (including high heat and humidity) conditions on the course, all risk being known and appreciated by me. I realize that this is a strenuous event which requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Signature (signature of parent or guardian if under 18)

Date _____

CHILDREN'S EVENT

SWIM

(shore of Lake Manawa)

7-8 year olds – 25 yards
9-10 year olds – 100 yards
11-14 year olds – 200 yards

BIKE

(in and around Lake Manawa)

7-8 year olds – 2 miles
9-10 year olds – 4.0 miles
11-14 year olds – 6.5 miles

RUN

(in Lake Manawa State Park)

7-8 year olds – .25 mile
9-10 year olds – .50 mile
11-14 year olds – 1 mile

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RACE DATE: August 21, 2010

RACE TIME: 8:00 a.m. registration
9:00 a.m. start

OPEN TO: Ages 7-14

DIVISIONS: Individual – Male & Female
Team - Male, Female, & Co-ed

AGE GROUPS: 7-8 year olds
9-10 year olds
11-14 year olds

AWARDS: Participation medals for all competitors. Event will focus on completion rather than **competition.**

*any child 14 years old or under must
be accompanied by an adult.*

Council Bluffs YMCA
7 S. 4th Street
Council Bluffs, IA 51503
(712) 322-6606
Fax (712)-322-0609



AUGUST 21, 2010

**COUNCIL BLUFFS, IOWA
LAKE MANAWA STATE PARK**

www.cbarksandrec.org

REGISTER ONLINE

www.metroymca.org

ADULT EVENT

SWIM

(Open Water)

1000 yards

To/from Lake Manawa Beach

Wet suits allowed

BIKE

(Flat, technical course)

19 miles

Loops around Lake Manawa

Helmets required

RUN

(Flat, technical course)

6.2 miles

City trail and streets

Water stations provided

RACE DATE: August 21, 2010
RACE TIME: 7:15 a.m. start
OPEN TO: Ages 15 and older
DIVISIONS: Individual – Male & Female
Team - Male, Female, & Co-ed
AGE GROUPS: 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54,
55-59, 60+
AWARDS: Medals for top three finishers
in each age group.
Trophies for first overall male,
female and co-ed team.

ATHLETE INFORMATION

PACKET PICK UP: Friday, August, 20 | 8 a.m. to 8 p.m.
Council Bluffs YMCA
7 S. 4th Street
Council Bluffs, IA 51503
OR day of event at Lake Manawa

RACE DAY:
6:00 a.m. Transition area open
Lake Manawa Beach
Lake Manawa State Park
1100 South Shore Drive
Council Bluffs, IA 51501
Arrive at least one hour prior to start for check-in and
equipment set-up. Bike racking is first come, first serve.
6:45 a.m. Mandatory pre-race meeting and final instructions for all
individuals and team members.
7:15 a.m. First swim heat. Staggered start.
12:00 p.m. Transition area closed. All equipment must be removed.

PLEASE NOTE:

Helmets: Required for all cyclists
Deadline: All forms (with payment) must be received by August 18, 2010
Results: Will be posted at www.pigmantri.com/jmsracing.html
Lodging: For free assistance with overnight lodging, call Council Bluffs
Convention and Visitors Bureau at (712) 325-1000.
Register Online: www.metroymca.org

REGISTRATION

Hy-Vee Black Squirrel Triathlon

Please check the appropriate box

KIDS EVENT	MALE	FEMALE	TEAM (Indicate, Male, Female or Co-ed)
<input type="checkbox"/> 7-8 year old			
<input type="checkbox"/> 9-10 year old			
<input type="checkbox"/> 11-14 year old			
ADULT EVENT	MALE	FEMALE	TEAM (Indicate, Male, Female or Co-ed)
<input type="checkbox"/> 15-19 year old			
<input type="checkbox"/> 20-24 year old			
<input type="checkbox"/> 25-29 year old			
<input type="checkbox"/> 30-34 year old			
<input type="checkbox"/> 35-39 year old			
<input type="checkbox"/> 40-44 year old			
<input type="checkbox"/> 45-49 year old			
<input type="checkbox"/> 50-54 year old			
<input type="checkbox"/> 55-59 year old			
<input type="checkbox"/> 60+ year old			

(PLEASE PRINT)

Name _____
Address _____
City _____ State _____ Zip _____
Phone (Home) _____ (Day of race) _____
Emergency Contact/Phone _____
Email Address _____
Date of Birth _____ Race Day Age _____
Shirt size _____

Team Member Names (all Team Members must sign a waiver)

Name _____
Date of Birth _____ Shirt Size _____
Name _____
Date of Birth _____ Shirt Size _____
Name _____
Date of Birth _____ Shirt Size _____

T-shirts are not guaranteed if registered after August 7, 2010

Adult Amount \$45/individual _____ \$100/team _____
(if received after 8-18) \$60/individual _____ \$130/team _____
Children Amount \$15/individual _____ \$45/team _____
Credit cards will be accepted

**MANDATORY WAIVER ON BACK OF THIS PAGE.
REGISTRATIONS CANNOT BE ACCEPTED IF NOT SIGNED**

Make checks payable and mail forms to:
Council Bluffs YMCA
7 S. 4th Street
Council Bluffs, IA 51503

Phone: 712-322-6606
Fax: 712-322-0609
Email: trbicheau@metroymca.org

NO REFUNDS